

EGREMONT COUNCIL ON AGING - Winter 2021

It is not the strongest or the most intelligent who will survive but those who can best manage change. - Charles Darwin



Keeping warm at January Grab 'N Go lunch

Peg's Corner...

As I read the above quote, I believe it is very appropriate for our Egremont seniors. It has been a challenging year for all and yet resilience, a sense of humor and the ability to adapt has helped us all persevere. That's the reason we all reached our present age! Here's hoping 2021 will bring better times, health and peace to all. Like everyone else the COA has had to adjust to the times. We were able to hold lunches at French Park in September, October and November. In October we honored our seniors turning 90 and all our 90 plus seniors. Rep. Smitty Pignatelli was on hand to present certificates to birthday seniors and to bring us up to date on happenings in Boston. Erica Ludwig entertained us all with beautiful renditions of many familiar songs. November was a chilly lunch, but we still had a good time. For all our events we practiced social distancing and masks were required. December was our first "Grab N' Go" lunch

with pick-up at The Barn. With the freezing temperatures and snowfall, it was definitely not a day to picnic! We plan to continue the "Grab N' Go" lunches in January, February, March and April. More details to follow.

The announcement of approved vaccines has us all hopeful that life can return to normal in the coming year. However, we would caution everyone to remain cautious and vigilant. Wear your mask, practice social distancing, wash your hands and avoid large gatherings. The vaccine will take a while to arrive and it will be sometime before all are able to receive it. We've survived the last months and kept Egremont's cases to a minimum by following public health guidelines. We urge you all to please continue to do so until the vaccine is available to all.

"Good Morning Senior"...

Our call in program continues Monday thru Friday between 9 and 10 a.m. A great way to ensure your safety each morning and to start your day with a friendly chat. Call 528-0182 x 16 for more info.

Taxi, Taxi...

Our Taxi Grant has been extended until March 31. The grant will provide rides for medical or therapy appointments, grocery shopping, prescription drug pick ups, meal pick ups and rides for essential workers to get to their workplace. The vehicles are sanitized and the drivers friendly and accommodating. Winter weather can make driving uncertain. Check the road conditions off your worry list and take a ride in the taxi to your appointments, etc. Call us at 528-0182 x 16 Monday thru Friday between 9:00 - 4:00 to arrange a ride.

What Can You Do During A Pandemic

These next few months of winter weather and before we all receive the vaccine may see many of us housebound and isolated. However, it's important to remain resilient, responsible and

resourceful to keep ourselves healthy in body and mind. To help you cope with this new and unusual situation we are offering some ideas to keep your mind occupied, help keep you physically fit and to just entertain you. One easy way to achieve this? Create a daily fitness routine even if it's indoors and only for short periods of time. 12 minutes of squatting, leg lifts and pacing or walking around your home can be beneficial to your health.

Check out the fitness programs online and select one that fits you. Make it more fun and exercise virtually with friends. As always, check with your physician before starting an exercise program. Fresh air is also good for you. If your walkways are clear take a few minutes, bundle up and venture outside. A walk around your yard or down your driveway will boost your spirits. Cold air is a great way to clear your mind.

Here are some other ideas:

Learn a new language; download an app and teach yourself a language

*Try a new dance style....you can learn to belly dance, line dance, etc. (also good exercise) via YouTube

*Gather all your photos, organize them and put in albums; it's long been something you've planned on doing and now you have the time. Your kids and grands will thank you!

*Stay in contact with family and friends via phone calls, Skype, FaceTime, Zoom.

*Try "Indoor Bowling"...a great way to reuse plastic water bottles. Fill bottles a third of the way, set them up at the end of a hall or long room, place duct tape at the starting line, grab a medium sized indoor/soft ball and start bowling.

Bonus: it's also exercise

*Make a time capsule...write down your thoughts and experiences during these unprecedented times

*Paint.....a room or paint a picture of the view from your windows.

*Use the Egremont Free Library. Librarian Lesliann Furcht is glad to assist you find books, videos or magazines. To have your books delivered to you call COA at 528-0182x16

*Netflix.....check out their wide range of movies and documentaries; binge watch your favorite TV shows

*Go thru your clothes and sort them out; they are many local places to donate used clothing.

*Who doesn't like to get mail? Write letters to your family and friends. Make your own greeting cards and send them as well.

*Start an indoor herb garden....plants always brighten a room plus you can use the herbs in those new recipes you've found.

*Keep a "Bird Count" of the birds you see around your area. The Cornell Ornithology website can help you get started

*Start a "Walking Group" (remember social distancing) It's more fun to walk with someone and will motivate you to get out and walk

*Take a ride, my favorite; we call it "Taking a ride to Nowhere".

*Plan your spring garden or redesign one. Spring catalogues will be here soon.

*Take up photography

*Start a "blog" about your experiences during the pandemic

*Set weekly goals...try something new each week, plan a task for each week

*Listen to your favorite music and reminisce

*Listen to "oldies" music and sign along, amazing how the words all come back to you. Challenge yourself to guess the name of the artist on the oldies record - a great memory exercise!

*Start the day with meditation or deep breathing exercises

*Schedule a weekly telephone check-in with a friend or neighbor

*Be good to yourself! Don't be afraid to ask for help...this is new territory for everyone and we're all in it together. You can call COA at 528-0182 ext 16 with your concerns, questions or just to chat. And be sure to share what you're doing to keep occupied during this time.

Sand for Seniors...

The buckets are filled and ready for you. You can pick one up at the Town Hall outside by the picnic table. There is a sign-up sheet for you to sign

your bucket out.

If you need the bucket delivered, please call 528-0182 ext 16 and we will get one to you.

When spring comes, we ask that you please return your bucket. That way we can reuse them and avoid having to purchase new ones. We can also pick yours up from your home. Just give us a call. Stay safe and avoid slips and falls...get a sand filled bucket!

Your Emergency Kit...

It's a good idea to have a kit with needed supplies in the event of power outages or other emergencies. Here are some suggestions for items to include in your kits:

- *Bottled water
- *Canned/non-perishable foods
- *Manual can opener
- *Flashlight/extra batteries
- *Matches
- *First aid supplies
- *Prescription medications
- *Personal hygiene items
- *Pet supplies
- *Phone battery back-up
- *List of emergency contact names and numbers



Grab 'N Go pick-up

New COA Board Member...

We'd like to introduce you to our newest board member Linda Warner. Linda has lived in

Egremont since 1959. She and her husband, Bob, raised three sons who all attended Southern Berkshire Regional School District, as did her grandchildren. They are also responsible for building General Knox Lane in 1989.

Linda has been active member of our community over the years. In the 1970's she was a member of the Egremont Youth Council, helped organize a Halloween Party and Parade, and was responsible for the Egremont roadside clean up each spring. She is a former member of the COA under Rachel Shaw and volunteered at the Great Barrington Senior Center from 2010-2014. She is a board member of the Thursday Morning Club and the Alford Garden Club. We welcome Linda's input and look forward to working with her.

In case you don't know who else is on the COA Board here are their names: Bruce Bernstein, Chairman, Georgette Kinney, Chet Delaney, Carolyn Palmucci and Peg Muskrat, Outreach. Cory Hines represents Mount Washington and Thea Basis, Alford. We welcome your input and suggestions.

Ways Your COA Can Assist You...

- *Provide a list of volunteer shoppers who will go the grocery store for you.
- *Provide a list of Home Assistance/Home Health Aides
- *Provide a list of volunteers willing to take your trash to the transfer station
- *Give you information on using the Taxi Grant.
- *Deliver canes, walkers, wheelchairs for you to borrow
- *Need something else? Give us a call and we will help you.

Eve Goldberg:

All of us at the Council on Aging were deeply saddened by the sudden passing of fellow board member Eve Goldberg on December 27, 2020 after a brief illness. Eve took the minutes at our COA meetings and was a vital member of our group always willing to assist and help others. She was a loving wife, mother and daughter and an avid swimmer, painter and triathlete. We will

miss Eve's caring and loving nature and deep empathy for others.

Grab 'N Go Lunches

COA will be offering Grab 'N Go lunches on Wednesdays:

January 6; February 3; March 3; April 7

Pick up time is 12:00 - 12:30 at The Barn at the Egremont Village Inn. Menus and other details will be posted prior to each lunch. If you need lunch delivered call us at 528-0182 ext 16

Walking Safety:

It seems more and more of us are out walking on our scenic Egremont roads. Please keep in mind some safety tips... always walk facing traffic, walk single file, remember vehicles have the right of way unless you are in a pedestrian zone, keep your pet leashed and out of traffic lane, wear bright colors so you can be seen. A great way to protect yourself is to wear a "Be Seen, Be Safe" vest. They are free and available at the Town Hall (call 528-0182 x 16) or from the Egremont Police Department



Lunch pick-up at The Barn!

Egremont Council on Aging
413-528-0182 ext 16
Mt. Washington COA
413-528-2839

PO Box 368
South Egremont, MA 01258

